



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

## "Swimming for Life"

Volume 43, Number 5

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### The Emphasis Is On the TEAMS

By Tim Waud

Oregon Masters Swimming Association Championship was held April 8-10, at Tualatin Hills Aquatic Center. This years event was a long-course meter format to prepare for this summers National Championship. Several of the 290 participants attempted to make National Qualifying Time's (NQT's) for the 2016 U. S. Masters Swimming Summer National Championship being held at Mt Hood Aquatic Center this August. Special thanks to the Tualatin Hills Barracudas who played host for this years event. Thank you Jim Teisher, Meet Director, for an outstanding job organizing it all. Of course we wouldn't have a meet without the dedication of our officials. Thanks to all of you and especially Jacki Allender our Officials chair. A big shout out to Gary Whitman, our OMS Data Manager, for making sure our times are counted and our relays are entered into the meet. And thank you to all of the coaches, timers, announcers, and lifeguards. Without this group effort, none of this would be possible.

Friday evening started out with two true animal events: the 400 IM and 1500 Freestyle. Several swimmers swam in both events. A few of the races were very competitive with very close finishes. Sixty six swimmers entered the 1500 Freestyle, covering a distance of 66 miles in just less than 3 hours.



Jim Teisher — Meet Director

Saturdays session was just as exciting with 290 Oregon Masters swimmers converging on the pool deck at once. The most exciting part of Saturdays events, besides the really fast individual times, was the relays. This is where the competition gets intense with teams trying to score big points and coaches hoping they created the best possible relay line-ups.

I love swimming on relays, it's amazing how these events really bring a team together. And I have to admit, I really enjoy the friendly smack talk that occurs behind the blocks.

Saturday evening, Oregon Masters Swimming held the Annual Membership meeting. This meeting is open to all Oregon Masters swimmers and allows everyone an opportunity to meet the OMS Board and ask questions.



Oregon Reign Masters

The annual meeting was followed by a social, where the pool party continued at the Golden Valley Brewery. Swimmers were treated with some delicious appetizers and tasty refreshments. The owner of the brewery happens to be a fellow Masters swimmer who understands the nutritional needs of hungry swimmers. Following the social, OMS held its annual awards presentation. The awards are given to volunteers who have made significant contributions to Oregon Masters Swimming and to swimmers who have achieved milestones in their competitive swimming careers. Thank you to Alice Zabudsky, MJ Caswell, Susie Young, and Jeanne Teisher who all made the awards presentation possible. And a special thank you to Ginger Pierson, our Awards Chair. I had the honor of being the Master of Ceremonies this year and want to congratulate everyone who won awards this year.

Sunday morning the excitement continued with many fast swims and of course, the relays. Through the course of the weekend, swimmers set 34 Oregon Masters Swimming Long Course records and 20 Northwest Zone Records. Congratulations to the Oregon Duck Swim Club on setting a new Oregon record in the Mens 200 Medley Relay. The annual Team Spirit Award was awarded to the Oregon City Tankers for the sixth year in a

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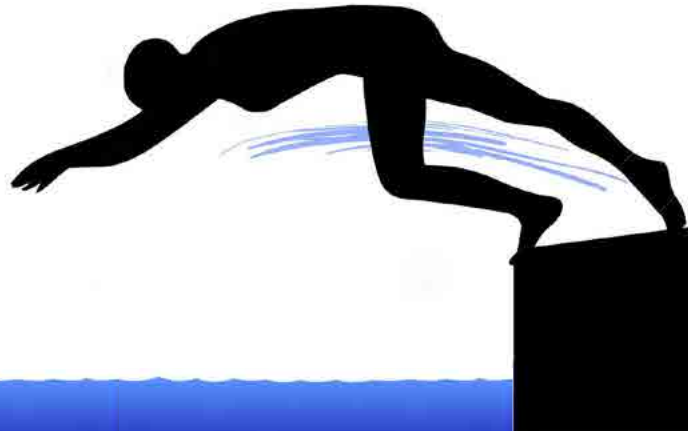
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Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Off the Block



## *The End of Heart Disease*

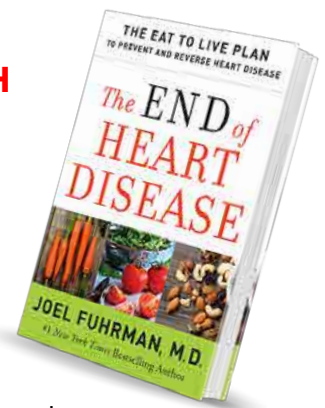
**MOST DOCTORS TELL THEIR PATIENTS HOW TO LIVE WITH HEART DISEASE. JOEL FUHRMAN TELLS THEM HOW TO LIVE WITHOUT IT.**

In his groundbreaking new book, *The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease*, #1 *New York Times* Bestselling Author Joel Fuhrman, M.D. explains why standard cardiac treatment does more harm than good

**HEART DISEASE** is the number one cause of death for both men and women in the United States, claiming more lives than all forms of cancer combined. Up to now, standard medical treatment for cardiovascular diseases has favored drugs such as statins and blood pressure medications. Unfortunately, studies have shown that these treatments can be ineffective, and most often, downright dangerous. **More importantly, heart disease can be not just prevented, but reversed** via delicious nutritional methods.

**Joel Fuhrman, M.D.** is on a mission to change the way heart disease is treated in this country and around the world. A board-certified physician and nutritional researcher, he has had a medical practice that specializes in reversing

heart disease with nutrition for over 25 years. In **THE END OF HEART DISEASE** (HarperOne; April 5, 2016), he explains why true protection from heart disease can be reached only when you achieve favorable blood pressure and cholesterol levels **without drugs**, and offers the most effective approach to do so.



### Dr. Fuhrman tackles the toughest questions:



- WHAT** are the long-term dangers of statin drugs?
- WHY** don't angioplasty and stents prolong life?
- WHY** do blood pressure meds fail to prevent heart attacks?
- WHY** are other eating styles ineffective at lowering blood pressure and cholesterol?
- HOW** can heart disease be reversed & resolved?



# Fit to Swim

**Coach Aubree Gustafson**  
*Fitness Chairman*

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## National Prep Check-in

With the first long course meter (LCM) meet of the season behind us, it's time to check-in on our preparations for the National Championships in August at the Mt. Hood Aquatic Center. While there were lots of great swims and performances this past weekend at the Association Championships there is also a lot of room for training and improvement prior to the biggest meet of the summer.

In January of this year, the *Fit to Swim* article focused on setting S.M.A.R.T. goals and it may be time to reflect upon and reassess those goals. Whether you got your LCM racing feet wet at the Association Championships or not, your goals for this year may have changed. Goals may need updating due to availability of training time, or an injury you are working through. The important thing to remember is that fine tuning your goals is smart. Even if you feel that you are right on track, a little fine tuning can make the road to success more manageable.

Since Nationals is a long course meter event, are you getting in any long course training? Is there a LCM pool near you that has a team where you could drop in, or lap swim times you could attend? It is very beneficial to get the feel for racing in a LCM pool prior to a big meet like Nationals if there isn't availability to train in one regularly.

If you missed the Association Championships, don't despair! There are more LCM meets on the local swimming calendar. On May 14th there is the Road to Nationals LCM meet in Bend. In June, the Tualatin Hills LCM dual sanctioned meet on June 3<sup>rd</sup>-5<sup>th</sup>, and for those who qualify, the Oregon Senior Games again in Bend on June 11<sup>th</sup>. Open water season officially

opens in June as well, with lots of opportunities to get in longer cross-training swims.

While training or competing, keep in mind the National Qualifying Times for your age group and events. These times can be found on the USMS website; look under the "Events and Results" tab, click on "National Championships" under the "Pool" header, scroll down the page for 2016 events and find the "Qualifying Times" link under the Summer National info. These times can help you set or modify your swimming goals for Nationals. Remember the points below, taken directly from the National Qualifying Times FAQ page, also found on the USMS website, and keep training hard!

- ANYONE can enter Nationals, and enter up to three individual events, without meeting any qualifying times.

*This means everyone should plan on swimming at Nationals this summer!*

- Swimmers who want to enter more than three individual events must meet qualifying times for those additional events.

*This is on the honor system. If you qualify, you can sign up for a total of 6 individual events.*

- The requirement is that you have swum the event at the qualifying time within the last two years. There is no age group requirement.

*This means that even if you won't be able to swim a LCM meet this summer, your times from the past two years might qualify you for Nationals.*

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## Swim your ePostal 10K!

**Amazon Pool - Eugene**  
**May 29, Sunday, 2-6 PM**

**\$15 - Bring a timer: Watches and split sheets will be provided.**

**For more information: Ralph Mohr, rmohr1565@charter.net: 541-269-1565**

# Setting the Pace with Coach Tim

**Coach Tim Waud**  
OMS Coaches Chairman



## How to Train for Summer Nationals in a Short-Course Pool

The short-course pool and long-course pool are two completely different things. If you have limited access or no access to a long-course pool, you still have a few options for training.

Here are a few tips to make it easier to adapt to a long-course pool:

**1. Work on your technique.** Technique should be the main focus of your training. It is important to correct technical flaws in the beginning of the season. This will help you when swimming in a long-course pool.

An efficient swimming technique will not just mean less physical issues, it will also increase your strength and endurance. Training in a short-course pool also allows swimmers repeated opportunity to improve turns and work on streamlines, this focus will go a long way in swimming long-course.

**2. Train your aerobic base.** Along with technique, aerobic training is the very key to success. Aerobic training in a short-course pool will help you adapt to a long-course pool that requires greater energy expenditure.

There are inevitably certain differences in aerobic training in a short-course pool and a long-course pool. Most of the differences lie in the length and volume of training. Whereas aerobic work in a short course pool lasts 45 minutes, it can be as long as an hour in a long-course pool. Sets will involve longer reps (e.g. over 200 m) and there will also be speed work so that the swimmer gets used to changes in pace that are so important in a long-course pool.

**3. Train your legs.** Legs are probably the part of the body most affected by the transition from a short-course pool to a long-course pool. Even though there are fewer underwater phases, the volume of leg work must not be decreased. Maintaining a heavy work load is vital for finishing races strongly. Your legs will consume approximately 50% of your oxygen supply alone.

The short recovery periods force you to work hard during both parts of the session. After using your legs intensively during the first part, you are forced to swim the second part with tired legs. The high number of leg reps guarantees a solid endurance base for your legs.

There are only a few long-course pools in the state of Oregon. Check with the pool closest to you and see if there might be a workout group or a lap swim that will allow you some long-course training time. Even if you only get to swim one or two times a month, it's better than nothing and it will give you the confidence you need to be competitive in a long-course pool.

Another option for training long-course is Open Water swimming. Oregon Masters Swimming offers several Open Water swimming competitions from May through August. Swimming Open Water is great for your aerobic base training which translates into some great long-course swimming. There are multiple distances available in Open Water swimming. Swimming one-mile or two-mile swims are a great way to start with Open Water training. An occasional 5K or 10K swim will help develop your aerobic base to a greater level than you could accomplish in any swimming pool. When you do swim Open Water, make sure your focus is on technique in the beginning. You don't want to begin training with poor technique. Your endurance level will increase dramatically and you will have the strength to swim strong in a long-course pool. There are several opportunities available this year to train for Summer Nationals. I plan on taking advantage of these training opportunities; a weekend of racing translates into a week's worth of training. If you haven't tried Open Water swimming, you're in for a treat! There's nothing like hanging out on a beach with several of your swimming buddies.

### Upcoming Pool Meets

May 14	Central Oregon Masters Aquatics	LCM	Bend, OR
May 29	Amazon Pool 10K ePostal Event	LCM	Eugene, OR
June 3-5	Tualatin Hills Dual-Sanction Meet	LCM	Beaverton, OR
August 17-21	2016 Summer Nationals	LCM	Gresham, OR

### Upcoming Open Water Events

May 15	COMA Lake Juniper Buoy Swim	LCM	Bend, OR
June 19	Hagg Lake Swims		Forest Grove, OR
June 25	Foster Lake Cable Swim		Sweet Home, OR
July 10	Portland Bridge Swim		Portland, OR
July 17-18	Applegate Lake		Ruch, OR
July 29-31	Cascade Lakes Swim Series		Bend, OR

# Long Distance Swimming



**Coach Bob Bruce**  
**Long Distance Chairman**

The coming of spring reminds us that summer is not far away, and with it the 2016 Oregon Open Water season.

You can find the schedule, event information, and entry forms for all Oregon events and information about the 2016 Oregon Open Water Series at <http://swimoregon.org/calendar/> and <http://swimoregon.org/open-water/>.

Here is a short description of the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early.

1. Lake Juniper Open Water Clinic (Saturday, May 14) & Buoy Swim (Sunday, May 15)—unsanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will open the season by offering the 5<sup>th</sup> annual Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center (a.k.a. Lake Juniper). The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a big pancake brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. All in all, wonderful preparation for open water racing! Find entry info (sorry, no online entry for this small event) at [www.comaswim.org](http://www.comaswim.org).

On Saturday morning, May 14, COMA will also present a basic open water clinic at the same site, with Bob Bruce & COMA staff as clinicians. Learn or sharpen up your open water skills in this fun environment! Find details at [www.comaswim.org](http://www.comaswim.org). To top off the weekend, that afternoon COMA will host a long course meet—details & entry at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=6329](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=6329)

For most of us, it's a bit brisk and a bit early for camping in Central Oregon, but you should be able to find lodging in all categories and price ranges.

2. Hagg Lake (Sunday, June 19)—unsanctioned: The

Portland Tri Club will host the 13<sup>th</sup> annual swims at Hagg Lake. There are three separate swims of 2000, 800, & 4000 meters, in that order. This event is very popular with triathletes, so we expect a big turnout. Look for water temperatures around 60, which would mean no wetsuit deduction for race or series scoring. Event and registration info are available at <https://www.athletpath.com/hagg-lake-open-water-swim-and-paddle-board-races/2016-06-19>. These swims are a good start to our lake-swimming summer season.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamans Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5/day use fee.

3. Foster Lake (Saturday, June 25)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will run the 6<sup>th</sup> annual Foster Lake Cable Swims just east of Sweet Home on the only permanent cable swim course west of the Allegheny Mountains (not the Rockies, the Alleghenies!). They will offer both one & two-mile swims on a certified, measured course, so National & Oregon records will count if you set them. Online entry only (and NO day-of-race entries) at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1689&smid=6227](https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=6227). Some of you have never done a cable swim, so be sure to visit the [www.comaswim.org](http://www.comaswim.org) for all of the down-and-dirty details that you're gonna need to know for these swims.

Foster Lake is centrally located within two hours of most Oregon-registered swimmers. Check-in begins at 8:00 am, allowing many swimmers to travel to and from the venue on the day of the event. For those with camping in mind, we offer tent camping (sorry, no RVs) in Lewis Creek Park—the fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call

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# Recent Meets & Records

## Oregon Association Championship — LCM

April 8-10, 2016; Tualatin Hills, OR  
Sanction #376-S004

Results for this meet can be found at:

[http://swimoregon.org/results\\_pdfs/2015-2016/ResultsAssnChamps\\_LCM\\_20160408\\_Splits.htm](http://swimoregon.org/results_pdfs/2015-2016/ResultsAssnChamps_LCM_20160408_Splits.htm)

**New records established: 34 Oregon, 20 Zone**

\* = split

### Women 18-24

50 LC Meter Breaststroke	Kaba, Jesse	21	OREG	37.29	Oregon
100 LC Meter Breaststroke	Kaba, Jesse	21	OREG	1:22.84	Oregon

### Women 25-29

50 LC Meter Freestyle	Bambusch, Hailey	26	OREG	28.09	Oregon
100 LC Meter Freestyle	Bambusch, Hailey	26	OREG	1:00.70	Oregon
50 LC Meter Butterfly	Bambusch, Hailey	26	OREG	30.90	Oregon
100 LC Meter Butterfly	Stacy, Jessica	27	OREG	1:09.62	Oregon

### Women 30-34

50 LC Meter Backstroke	Shepherd, Sara	34	OREG	33.37	Oregon
200 LC Meter Backstroke	Shepherd, Sara	34	OREG	2:38.08	Oregon
200 LC Meter Breaststroke	Blank, Abby	31	OREG	2:58.33	Oregon

### Women 35-39

100 LC Meter Butterfly	Melina, Emily	36	OREG	1:09.49	Oregon
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### Women 40-44

50 LC Meter Butterfly	Skinner, Sonja	40	OREG	30.60	Oregon, Zone
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### Women 55-59

*400 LC Meter Freestyle	Sweat, Mary	59	OREG	5:25.87	Oregon, Zone
*800 LC Meter Freestyle	Sweat, Mary	59	OREG	10:56.72	Oregon, Zone

### Women 60-64

*400 LC Meter Freestyle	Crabbe, Colette	60	OREG	5:34.57	Oregon, Zone
*800 LC Meter Freestyle	Crabbe, Colette	60	OREG	11:19.33	Oregon, Zone
1500 LC Meter Freestyle	Crabbe, Colette	60	OREG	21:25.18	Oregon, Zone
100 LC Meter Backstroke	Crabbe, Colette	60	OREG	1:23.05	Oregon, Zone
100 LC Meter Breaststroke	Crabbe, Colette	60	OREG	1:31.51	Oregon, Zone
200 LC Meter Breaststroke	Crabbe, Colette	60	OREG	3:19.71	Oregon, Zone
100 LC Meter Butterfly	Crabbe, Colette	60	OREG	1:18.81	Oregon, Zone
200 LC Meter IM	Crabbe, Colette	60	OREG	2:52.74	Oregon

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**Women 80-84**

400 LC Meter Freestyle	Kawabata, Geraldine	82	OREG	8:57.77	Oregon, Zone
1500 LC Meter Freestyle	Kawabata, Geraldine	82	OREG	34:40.26	Oregon, Zone

**Women 90-94**

100 LC Meter Freestyle	Phipps, Virginia	92	OREG	3:06.05	Oregon, Zone
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**Men 45-49**

100 LC Meter Freestyle	Self, Mike	46	OREG	56.72	Oregon, Zone
50 LC Meter Backstroke	Self, Mike	46	OREG	29.14	Oregon, Zone
100 LC Meter Backstroke	Self, Mike	46	OREG	1:03.63	Oregon, Zone
200 LC Meter Backstroke	Self, Mike	46	OREG	2:21.98	Oregon, Zone

**Men 50-54**

1500 LC Meter Freestyle	Sullivan, Scot	50	OREG	19:08.58	Oregon
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**Men 70-74**

200 LC Meter Breaststroke	Lambert, Roy	70	OREG	3:41.84	Oregon
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**Men 75-79**

100 LC Meter Backstroke	Hiatt, Chris	76	OREG	1:28.02	Oregon, Zone
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**Men 80-84**

200 LC Meter IM	Slawson, Dick	80	UC37	3:56.09	Oregon, Zone
400 LC Meter IM	Slawson, Dick	80	UC37	8:42.98	Oregon, Zone

**Relay**

**Men 72-99 200 LC Meter Medley Relay**

1	DUCK			2:08.56	Oregon
1) Bontz, Cooper	2) Loyd, Michael				
3) Raze, Kyle	4) Harvison, Matthew				

**More Records set by OMS Swimmers at Other Meets**

**Women 70-74**

50 SCM Breast	Ginger Pierson	70	03/06/16	0:46.67	Oregon, Zone
100 SCM Breast	Ginger Pierson	70	03/06/16	1:41.71	Oregon, Zone
200 SCM Breast	Ginger Pierson	70	03/06/16	3:47.66	Oregon, Zone
100 LCM Breast	Ginger Pierson	70	03/29/16	1:47.45	Oregon, Zone
200 LCM Breast	Ginger Pierson	70	03/29/16	3:56.00	Oregon, Zone
50 SCY Breast	Ginger Pierson	70	04/10/16	0:42.06	Oregon, Zone
100 SCY Breast	Ginger Pierson	70	04/10/16	1:33.40	Oregon, Zone
200 SCY Breast	Ginger Pierson	70	04/10/16	3:22.09	Oregon, Zone



# 2016 Oregon Masters Swimming Annual Awards for the Year 2015

## Connie Wilson Memorial Award

*Tim Waud*



The OMS Board of Directors selects the Connie Wilson Memorial Award winner and the Ol' Barnacle Award winner. The others are chosen by nominations from the OMS membership.

## Ol' Barnacle Award

*Julie Andrade*



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## The Hazel Bressie Spirit-Female

The Hazel Bressie Spirit-Female is awarded to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.



**Jill Marie Asch**

Jill Marie has been a Masters Coach with the Multnomah Athletic Club for about five years now. She also swims with the team and competes extensively at Oregon Masters events and nationally.

Although there are four Masters coaches at the MAC, Jill Marie is far and away our unofficial leader. She is an ever-present spirited member of the team, well-known and well-loved by all. She spearheads all of our social events, and since arriving on deck, has increased team participation in meets (particularly Associations) every year. We owe our Associations Medium Team wins for the last three years in large part to Jill Marie.

Jill Marie, at 50, is still breaking records in the pool, and spreading enthusiasm and a love of swimming on deck.

**Kristina Franklin**

November, 2012, Kristina joined the OC Tankers and became a member of USMS. Good things followed..

"Mr./Madam Starter!" Swimmers poised on their block. I see Kristina up there again for another event. "Swimmers take your mark." Kristina is in a close-guarded position, a bit shaky and apprehensive.

Beep!..And they're all off! For a split second gliding into the air (some landings are a bit different) Kristina leaps forward... much like a frog, but there she goes; stroking and kicking; absolutely determined to beat her best time and with less anxiety. "Damn the torpedos...full speed ahead."



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She did it! Another accomplishment.

This year she has again made a list of swimming goals:

- Do flip turns at work out
- Get over the "diving thing"
- Enter an IM conquering the breast stroke
- Work toward a 100 fly
- Overcome some more anxiety

How many of us actually make a list of swimming goals?

We can all learn from Kristina! Isn't she what USMS is all about? Doing our best, overcoming obstacles, making goals and most important of all—Keeping the SPIRIT!

OMS is unique, our members are like a family. Supportive of one another when the occasion arises. No doubt, she appreciates her team and OMS for the opportunity to become a better swimmer in a very friendly yet competitive environment. Kristina always has a ready smile and she is friendly to everyone.

Kristina's Spirit continues to inspire my motivation to stay in the water—and as they say, "Keep coming back." She does, and she will.

USMS has a very clear Mission Statement. OMS follows the same guidelines in its Mission Statement. Kristina's story is a perfect example of both Mission Statements. Each to their own ability has an opportunity to health and fitness in a positive atmosphere with the opportunity to compete.

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## Gil Young Spirit-Male Award

This is awarded to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.



### Frank Philipps

Frank swims with Rogue Valley Masters in southern Oregon and has been a key member of the team for many, many years - more than 2 decades, I believe. He's very passionate about swimming and eager to help anyone who is in need and receptive to feedback, going out of his way to assist new swimmers and help people with the finer points of technique work or just helping someone new to the sport to be able to get up and down the pool. Frank is a student of the sport, always studying, learning new things and sharing the knowledge he works hard to digest. As a team without a coach, Frank is invaluable as a resource for those of us who want and appreciate feedback. For me personally, Frank has been an amazing coach and friend over the last 4 years since I entered the sport of swimming. He has spent countless hours helping me improve my technique by giving advice, feedback and genuinely caring about my swimming. He always asks how I have done in every single event I swim -- and there are a TON of them!!!

And he's always authentically interested in hearing about my triumphs and failures, offering great feedback in all cases.

There have been so many times that Frank has been helpful for me and other Rogue Valley Masters swimmers, it's hard to choose one that sticks out the most, but I would like to share the following story. At the April, 2014, OMS Association Meet, I did not have a very good meet. I put up times that were much slower than I had expected to swim, based on my training. I was disheartened by the meet which led to feeling dejected and trepidatious about the upcoming USMS Spring Nationals in Santa Clara. Being new to the sport, I didn't really understand that sometimes bad meets just happen, based on one's training cycle, where one is at with honing their technique, and how one is feeling physically and psychologically. Frank attended the OMS Association Meet with me and the team, and he knew how I was feeling without me directly communicating it to him. A few days after the meet, in the locker room after practice one morning, Frank spoke to me about the meet. He was gentle, caring and extremely helpful, letting me know that I was "doing just fine" and that the work I had put in would pay off at Nationals. He explained that not every meet is going to be your best and that I hadn't really tapered for the meet, yet the times I put up were not all that bad. That short talk really helped get my head right again and back to being positive. I continued working towards Nationals, put in a good taper and went down to Santa Clara and put up 5 personal bests, placing in the top 10 in every event except one, in which I was 11th, and as high as 3rd place in the 1650 free. I have no doubt that without Frank's support it would have been much more challenging to overcome that psychological hurdle of a bad OMS Association Meet in order to have a great Nationals meet.

In summary, Frank is helpful, encouraging, caring, passionate about swimming and a genuinely great individual!

## The Special Service Award

This is given to an individual, organization, business, or group that has gone the "extra mile" by contributing outstanding service to a team or OMS.



**David Fryfield**  
Emerald Aquatics  
Board President.

For the last FEW years David has been instrumental in keeping our masters groups alive and running. Including TOUGH negotiations with the city (which I witnessed most of) in a calm and professional manner as well as restructuring

our team/finances/ billing to keep us going.

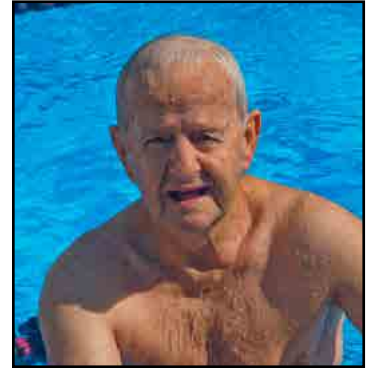
As the largest and original (longest standing) Masters organization in Eugene this is a big contribution.

We are now stronger, more viable, and with more regular members than ever!!!

## Lifetime All-Star Award

A swimmer who is the top OMS *Outstanding Swimmer* for five years (pool or long distance), will achieve this elite category. There are only 11 OMS swimmers who have been awarded a Lifetime All-Star.

Points are accumulated from first to tenth place in the USMS pool top ten (10 points for first place, 9 points for second, etc...). The swimmer who has amassed the most points from short course yards, short course meters, and long course meters, is an OMS outstanding swimmer.



## Most Splashes



1) Sonja Skinner - 20



2) Janet Gettling - 19



3) Carolyn Demarco - 18



1) Willard Lamb - 21



2) Timothy Waud - 20



3) Dirk Mussig - 18

# Outstanding Swimmers

## Men 49 & under

1. Matt Miller
2. Scot Sullivan
3. Chip Polito



## Men 50 & over

1. Willard Lamb
2. Allen Stark
3. Chris Hiatt



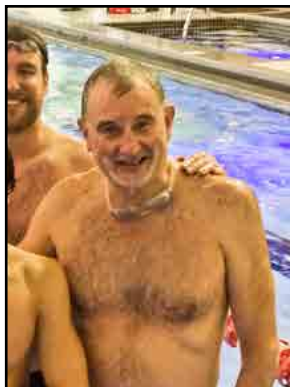
## Women 49 & under

1. Sonja Skinner
2. Jessica Stacy
3. Jill Asch



## Women 50 & over

1. Janet Gettling
2. Geraldine Kawabata
3. Sue Calnek Morris



# Memories of OMS Association Meet



**Winners of the Small Team Category; Val Jenkins, Wink Lamb, Karen Andrus-Hughes, Colette Grabbe. Team ClubSport Oregon**



**Third place in the Small Team category. Todd Lantry, Celeste Marokus, Matt Miller, Rebecca, Kay Rogue Valley Masters**

## 2016 LC Meters Championship Combined Team Scores - Large Team

Place	Team	Points
1	Oregon Reign Masters	1,619
2	Tualatin Hills Barracudas	1,160
3	Central Oregon Masters Aquatic	1,044
4	Oregon City Tankers	987

## 2016 LC Meters Championship Combined Team Scores - Small Team

Place	Team	Points
1	Team Club Sport Oregon	285
2	University of Oregon Swim Club	227
3	Rogue Valley Masters	160
4	Stafford Hills Club	157
5	Corvallis Aquatic Team	154
6	Mid-Valley Aquatics	142
7	LaCamas HeadHunters	123
8	Sandy Triton Aquatic Team	112
9	Oregon Mid-Valley Masters	99
10	Nike Masters Swim	69
11	Portland Timberfish	56
12	Open Narwhals	34
13	Lewis & Clark Aquatics	28
13	Tornadoes YMCA Swim Team	28
15	North Clackamas Masters Swimming	6

## 2016 LC Meters Championship Combined Team Scores - Medium Team

Place	Team	Points
1	Multnomah Athletic Club	750
2	Portland Community College Masters	528
3	Columbia Gorge Masters	421
4	Lake Oswego Masters	223
5	Emerald Aquatics	185

## Team Rankings

## Team Rankings



**Tim, picking up ribbons for OCT**



**The 1500 is over!!!**



**The butterfly animals! Columbia Gorge Masters**



**Forth place in Large Team category; Winners of Team Spirit Award—Oregon City Tankers**



**Third in Medium Team category; Columbia Gorge Masters**

# Swimmer Spotlight

## **Sandi Rousseau**

Age 68; Columbia Gorge Masters  
Adult Nurse Practitioner/Internal Medicine - Retired

I was recovering from back surgery in 1977 and one of the things I was allowed to do was to swim. I had not been in a pool for some 12 years but went to just do something. I quickly found swimming on my own was boring, and I was not self-motivated. On the way out of the pool, I saw a 3x5 index card on the bulletin board that there was a Masters workout at the Beaverton pool once per week. Masters swimming ... what is that ... but maybe it is for me? I went to the first workout, was hooked on swimming with others, and swam in my first Masters meet one month later!

This beginning in Masters led to being a founding member of the Tualatin Hills Barracudas, helping form and serving on the first Board of Oregon Masters Swimming in 1981, getting active at the national level in 1985 when I was to be meet director for the 1986 Long Course Nationals at Mt Hood Community College, and continuing on to serve as USMS Championship Chair for 8 years.

My swimming journey started in Indiana when I was 12 years old and competed on a local YMCA team. I was a diver and the swim coach approached me about trying out the swim team. I did and switched to swimming through my high school years. My biggest honor during those years was being ranked 5<sup>th</sup> in the nation in the 50 meter fly.

I had always planned to go to Indiana University to study nursing. While IU had a well-known swim program for men under the direction of Doc Counsilman, it was nonexistent for women, so I did not even consider swimming in college. The college years passed, I taught nursing at the University of Oregon (now OHSU), became a head nurse at the University of Colorado, and went on to get my Masters of Science and Adult Nurse Practitioner certification at the University of Colorado. I helped pioneer and integrate its adult nurse practitioner program into the medical clinics at the University and soon found I enjoyed being a nurse practitioner and providing direct care to patients more than the administrative responsibilities of a head nurse. So after a year of travel in Europe, I moved back to Oregon where I eventually took a position as an NP at Kaiser Permanente. I had a 23

year career in internal medicine before retiring from Kaiser, and worked part time in pain management until I retired 3 years ago.

My most memorable swimming experience was competing in the first ever International Masters swimming championship in Christchurch, New Zealand, in 1984, and winning the 50 meter fly. I did not take a breath the entire 50! No way could I do that now!



I have attended 33 US Masters Swimming National Championships from 1981 to the present. I have been active on numerous USMS committees and was honored with the Capt. Ransom Arthur Award in 2003 for contributions to the development of Masters Swimming. I continue to serve on the USMS Championship Committee ... now practically becoming the 'historian' for the committee. No one on the committee now remembers processing paper entries by hand for our nationals!

I have been married to Tom, my partner in life, for 38 years, and as retirement loomed we moved to Hood River where we own a small pear orchard on 21 acres. I continue volunteering on the Oregon Masters Board and helped form Columbia Gorge Masters in 2002. Remember ... I need a group to work out with, so I had to get one going here. We have hiked, backpacked, downhill and cross country skied, and biked for years. I started stand up paddle boarding three years ago and find that to be fun to be on the river on calmer days. We enjoy international trips and more recently have visited New Zealand, Japan, and Europe.

I have not competed in Masters swimming as much in the past five years, but I continue to work out and make an appearance at meets periodically. My journey in Masters Swimming is not anything I would have predicted, but it has been and continues to be one of the best experiences in my life. It has served me well to stay conditioned, recover from accidents and injuries, and to make volumes of friends in Oregon and across the country. It has definitely given more back to me than I have given to it.

—submitted by Denise Stuntzner

# In Flanders Fields

by Joe Oakes  
*Unattached Oregon Swimmer*

May 23, 2014

The blood has long ago been washed away by the cold Atlantic waves, the blood of tens of thousands of young men, killed and wounded, here on Gold Beach, Omaha Beach, Utah, Sword and Juno Beaches. This morning the tide is rising, now halfway up, just as it was on June 6, 1944 when they came ashore, wave after wave, facing German incessant machine gun fire from the rises just above them, and long range, heavy artillery from the headlands on the right and the left.

I am here, not far from Cherbourg, two weeks in advance of the seventieth anniversary of the D-Day landing, a day that was a major turning point in World War Two, and big step in the downfall of the Third Reich. There is a light breeze from the right, and the rain can't make up its mind, swinging in rapid succession from drizzle to sunshine to ten minute downpours.

Music from a merry-go-round above the beach tries to soften the atmosphere, but in the museum just a few yards away there are hundreds of photos and paraphernalia from the intense battle: things that do not seem to belong on the same ground with a merry-go-round. Jutting up from the water stand the rotting hulks of sunken ships and concrete caissons placed here to erect a makeshift harbor to supply the troops already moving on towards Germany.

The sandy beach is about 200 yards deep, with frolicking children running up and down. It is mid-week, and school outing groups are here in large numbers. I wonder if these children are aware of the sanctity of this place. *Do they know that they can play on this beach today because of what these men did here 70 years ago? What does 70 years mean to a seven year old?*

I am approaching my eightieth birthday, too young to have served in WWII. I was six when it started, eleven when it drew to a close. My five older brothers wore their country's uniform during that war, and our father fought in the First World War,



*The War to End All Wars.* Pop jokingly described his military occupation as a 'bullet catcher.' He caught three German bullets during his time in the trenches.

My next stop is at the WWI Tyne Cot memorial cemetery near Passchendaele, Belgium. The remains of more than 12,000 soldiers rest there, but the identities of 8,300 of them are known only to God. During a battle here that lasted 100 days, there were more than a half million casualties, an incredible number, killed, wounded and missing. Half of the casualties were the enemy. Now, a century later, they sleep peacefully together.

I think about the children on the beach in Normandy. May those children *never* have to experience horrors such as those that visited this area 70 and 100 years ago. And may they, we, hold in a place of honor the memory of the brave men who fought here, and the great sacrifices that they made for all of us.

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Joe Oakes, FRGS, is a Korean War veteran and lives in Portland, OR with his wife of 57 years, Sylvia Nelson Oakes.

18057 NW CAMBRAY STREET, BEAVERTON, OR, 97006. 503 297 2202.  
alcatrazjoe@hotmail.com.

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In Remembrance of those who have died in all wars — Memorial Day, 2016. Lest We Forget

## In Flanders Fields

by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

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"In Flanders Fields" is a war poem written during the First World War



# Team Life



## Multnomah Athletic Club

The Multnomah Athletic Club Masters Swimmers regularly enjoy time together outside of practice and meets. You will find us after each night practice hanging out together in the hot tub, catching up on our personal lives and favorite TV shows and movies. We have special holiday practices where everyone is invited to a meal at the MAC Sports Pub or a downtown Portland restaurant. We throw a party each year to celebrate the accomplishments of our swimmers who compete at Associations. We camp together at open water events, go to concerts, and celebrate life with our OMS teammates.



*Associations celebration 2015*



*MAC 50 meter pool reopening celebration*



*Halloween practice 2015*



*MAC Sports Pub get together*



*MAC campers*



*OMS belly dancing night*



## LONG DISTANCE SWIMMING

continued from page 6

541-967-3917, but do it soon—this campground will fill quickly on the weekend before Independence Day. Note: The race venue at Lewis Creek County Park has a \$5 parking fee.

4. Portland Bridge Swim (Sunday, July 10)—USMS-sanctioned: See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 5<sup>th</sup> edition of a 17-km swim in the river benefitting Willamette Riverkeepers. The swim will also include 3-person relays. Starting from Sellwood Riverfront Park, you will pass under all 11 of Portland's bridges and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km soon after May 15 to use as your qualifying swim. Online entry at <https://portlandbridgeswim.redpodium.com/test>.

I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

5. Applegate Lake (Saturday-Sunday, July 16-17)—USMS-sanctioned: Event Director Andrew Gramley and host team Rogue Valley Masters (RVM) will present the 31<sup>st</sup> annual Southern Oregon open water swims at Applegate Lake, featuring the USMS 10-km Open Water National Championships and the OMS 1500-meter Open Water Individual & Team Association Championships. Online entry at <http://swimoregon.org/events/>. Saturdays events will be 2500, 5000 & 10,000-meter swims, run simultaneously, perfect for this venue. Sunday features the classic 1500-meter race and the popular 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-77 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun!

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-488-6435. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire (Glenn, Sue, or Mark) at 541-899-9220 or [www.applegatelake.com](http://www.applegatelake.com). Beaver Sulphur campground may be reserved at 1-877-444-6777 or [www.reserveamerica.com](http://www.reserveamerica.com). For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note that the race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please drive down the hill to the general store and purchase your parking pass so that you can park before the event. No dogs are allowed in Hart-Tish Park.

6. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 29-31)—USMS Sanctioned: Event Director Bob Bruce and host team Central Oregon Masters will pres-

ent the 22<sup>nd</sup> edition celebration of this major event, which will retain the traditional 'five swims in three days' format and will feature the NW Zone 1500-meter Open Water Championships! Start late Friday afternoon with a 3000-meter swim. Saturday will feature the individual-start 500-meter sprint and the 1500-meter championship race, and plenty of lolling around the beautiful lake. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims (will you be among them?). COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. For full details, see [https://www.clubassistant.com/club/meet\\_information.cfm?c=1756&smid=7348](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=7348)—online entry only except for day-of-race entries.

COMA has again reserved the Little Fawn Group Site, and you may pay for camping with your entry at \$8/adult/day—there is a limit, so enter and reserve early as there will be no last-minute drop-in camping! The campground is available for THREE days, Thursday through Saturday (alas, no Sunday reservation this year). The Group Camp is a large area designed to hold 50 campers & 12 cars (small & medium motor homes too), and COMA will have a Camp Host on site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after the lunch & awards.

All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Campgrounds at nearby lakes offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). Bend and Sunriver offer many lodging choices at various price levels, but reserve your place EARLY—there are other big events in Bend on this weekend.

7. Central Oregon Coast Swims at Eel Lake: Alas, due to Oregon's hosting of the USMS Summer Championships on August 17-21, we have put Eel Lake on hold for this year.

As always, the Oregon open water season offers plenty of variety and challenges...

- Six attractive venues—mountain lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool!
- Venue formats—four single-day, one two-day, and one three-day meeting.
- Race distances—seventeen total swims ranging from 500-meter to 17-kilometers.

continued on page 18

## NW Zone Chatter

Zone Newsletter; Zone Chair, Sally Dillon (PN)



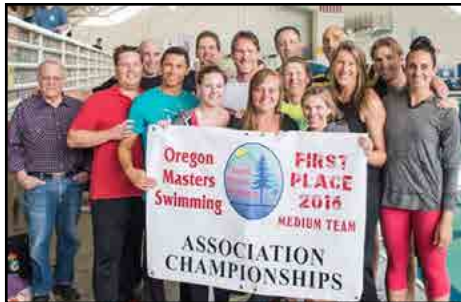
I wonder how many of you know that there is a Masters team at the tip of the Aleutian Islands in Unalaska, a team well north in Fairbanks, and another in the very southeast town of Ketchikan. Travel between team locations must be daunting! Membership numbers across the zone as of 4/7/16 are:

LMSC	Members	Clubs
Alaska	313	1
Inland Northwest	315	13
Montana	241	4
Oregon	1033	6
Pacific Northwest	1378	7
Snake river	143	6
Utah	358	15

## MEET SUMMARY

continued from page 1

row. Several other teams showed their team spirit including: Central Oregon Masters Aquatics, Columbia Gorge Masters, Oregon Reign Masters, and the Sandy Tritons Aquatic Team. In the end, it came



**Multnomah Athletic Club**

down to the team scores to determine the champion in the Large, Medium, and Small team division. Oregon Reign Masters won the Large team division with the host Tualatin Hills Barracudas placing 2<sup>nd</sup> and Central Oregon Masters Aquatics placing 3<sup>rd</sup>. In the Medium team division, Multnomah Athletic Club repeated as 1<sup>st</sup> place, Portland Community College Masters 2<sup>nd</sup> place and Columbia Gorge Masters placing 3<sup>rd</sup>. In the Small team division, Team Club Sport Oregon placed 1<sup>st</sup>, University of Oregon Swim Club placed 2<sup>nd</sup>, and Rogue Valley Masters placing 3<sup>rd</sup>.



**Team Club Sport Oregon**

Later this month will be the 2016 Nationwide U.S. Masters Swimming Spring Nationals being held April 28 - May 1. Good luck to all of

the swimmers who are traveling to Greensboro, North Carolina. Swim Fast and represent all of us back here in Oregon.

## Awards Booklets On OMS Web Site

The Awards Booklets which are prepared specifically for the Spring OMS Association Meet Social each year, are now available on the OMS web site. Your name may be in one or more of them. These booklets contain Oregon LMSC member records for the swimming year; which includes the following:

National Placing for OMS

World and National Records

All-Stars

USMS Awards

- Pool All-Americans
  - Long Distance All-Americans
  - Postal Relay All-Americans
  - Postal Participation Award
- OMS Long Distance Awards
- Postal Participation Award
  - Open Water Team Champions
  - Open Water Series Champions
  - Postal Series Champions
  - Mike Morehouse Spirit Award

Volunteer Awards

USMS Top Ten in all courses

You can find these booklets at:

<http://swimoregon.org/oms-awards-booklets/>

## LONG DISTANCE SWIMMING

continued from page 17

- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Water temperatures—normally ranging from low 60s to mid 70s.
- Clinics—opportunities to learn and hone your open water skills.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon Open Water Swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website [www.swimoregon.org](http://www.swimoregon.org), or on individual host websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

**Oregon Masters Swimming: Tentative Open Water Race Schedule for 2016 (as of 1 Jan 2016)**

<b>Date(s)</b>	<b>Days</b>	<b>Event/Venue</b>	<b>OR Location</b>	<b>Host</b>	<b>Event Director</b>	<b>Swims</b>	<b>OR Series Category</b>	<b>USMS Status</b>
Sat 14 May	1	JSFC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 15 May	1	Lake Juniper (pool)				1200-meter	Featured	Unsanctioned
Sun 12 Jun?	1	Hagg Lake?	Forest Grove	PTriClub	Joie Matteo?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	?Unsanctioned
Sat 25 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable	Featured Featured	Sanctioned
Sun 10 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	?
Sat 16 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter ( <b>Nat'l Champs</b> ) 1500-meter ( <b>Ass'n Champs</b> ) 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Fri 29 Jul Sat 30 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter ( <b>Zone Champs</b> ) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned
Sun 31 Jul								

*Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place, and participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.*

# Summary...

## Records And Meet Results

Oregon Association Championship – LCM

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## Looking Ahead...

### Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
May 14-15	LCM	Road to Nationals	Bend, OR
June 3-5	LCM	Dual Sanctioned Meet	Beaverton, OR
June 11	LCM	Oregon Senior Games	Bend, OR
June 25	OW*	Foster Lake Cable Swims	Sweet Home, OR
July 10	OW*	Portland Bridge Swim	Portland, OR
July 16-17	OW*	Southern Oregon Applegate Lake Swims	Ruch, OR
July 29-31	OW*	Cascade Lakes Swim Series & Festival at Elk Lake	Bend, OR
August 17-21	LCM	USMS Summer Nationals	Gresham, OR

\*For more details on Open Water events and for Non-sanctioned Open Water events see page 19

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## Thought for the day...

Don't count the laps, make the laps  
count.